

FITNESS TIMETABLE for 12-15 year olds

MONDAY		TUESDAY		WEDNESDAY		THURSDAY	
AM	PM	AM	PM	AM	PM	AM	PM
07:00 - 07:45 Circuits With Danny	12:30 - 13:15 Low Impact Workout With Kelly	07:00 - 07:45 Stages Flight 45 With Cameron	12:15 - 13:15 Hatha Yoga With Rebekah	07:00 - 07:45 HIIT With Shannon	13:00 - 14:00 Restore & Rejuvenate Yoga With Jean-Claude	09:15 - 10:15 Fitness Pilates With Kerry	12:00 - 13:00 Hatha Yoga With Bea
08:30 - 09:15 Legs, Bums & Tums With Emma	13:15 - 14:15 Tai Chi With Linda	08:30 - 09:45 HIIT With Magda	12:30 - 13:15 Zumba With Joanna	09:30 - 10:15 Zumba With Joanna	17:15 - 18:00 Prickle Ball Release With Kerry	09:20 - 10:05 HIIT With Kelly	14:45 - 15:45 Tai Chi With Linda
09:15 - 10:15 Pilates and Stretch With Beth	17:15 - 18:00 Pilates With Bea	08:45 - 09:45 Pilates for Golf With Bea	13:30 - 14:30 Fundamental Yoga With Vina	10:15 - 11:15 Pilates With Aniko	18:15 - 19:00 Stretch & Relax With Kerry	09:30 - 10:15 Rhythm Cycle 45 With Sarah	17:15 - 18:00 Vinyasa Flow Yoga With Vina
09:30 - 10:15 Zumba With Jack	18:15 - 19:00 Stages Flight Cycle 45 With Emma	09:30 - 10:30 Rhythm Cycle 45 & Abs With Cameron	17:15 - 18:00 Intro To Pilates With Amanda	10:15 - 11:15 Stages Flight Cycle 45 & Stretch With Ellie	19:20 - 20:05 Zumba With Claire B	10:30 - 11:15 BarreConcept With Sarah	18:00 - 18:45 Stages Flight 45 With Emma
09:40 - 10:25 Stages Flight Cycle 45 With Ellie	18:15 - 19:00 Stretch Yoga With Emma	10:30 - 11:15 Total Body Workout With Cameron	17:15 - 18:00 Teen Circuits With Rob	11:30 - 12:45 Rasa Flow Vinyasa With Jean-Claude	19:15 - 20:15 Pilates With Katrina	10:30 - 11:45 Pilates & Stretch With Kerry	18:15 - 19:00 Restorative Yoga With Vina
10:30 - 11:30 Slow Flow Yoga With Vina	19:15 - 20:15 Restorative Yoga With Emma	11:30 - 12:15 BarreConcept With Kelly	18:15 - 19:00 Step and Tone With Mariya				19:00 - 19:45 Body Conditioning With Emma
10:45 - 11:30 Outdoor Bootcamp With Ellie			18:15 - 19:00 Pilates with Equipment (Int/Adv) With Amanda				
11:45 - 12:45 Pilates With Beth			18:15 - 19:00 Stages Flight Cycle 45 With Simon				
			19:15 - 20:00 Legs, Bums & Tums With Mariya				
			19:15 - 20:30 Classical Yoga With Emma				

KEY

- These classes take place in The Yoga Cabin
- 12-15 year olds accompanied by an adult
- 14-15 year olds accompanied by an adult
- 8 year olds + accompanied by an adult
- These classes take place in The Box

FRIDAY		SATURDAY		SUNDAY	
AM	PM	AM	PM	AM	PM
09:00 - 9:25 Core & Abs With Danny	12:00 - 13:00 Stretch Yoga With Heena	09:00 - 09:55 Legs, Bums & Tums With Kerry	12:00 - 12:45 Family Functional Fitness With Joanna	09:15 - 10:00 Body Conditioning With Emma	17:15 - 18:15 Gentle Hatha Yoga & Stretch With Lizzie
09:30 - 10:15 Stages Cycle With Luke	12:30 - 13:15 Dance Fit With Kelly	09:30 - 10:15 Stages Flight Cycle 45 With Sarah	13:00 - 13:45 Family Functional Fitness With Danny	09:30 - 10:45 Hatha Yoga With Vina	
09:35 - 10:20 Legs, Bums & Tums With Emma	17:15 - 18:15 Pilates and Stretch With Kerry	10:15 - 11:15 Pilates With Kerry	17:15 - 18:15 Yoga & Relaxation With Helena	10:10 - 11:10 Stages Flight Cycle 60 With Neil	
10:45 - 11:45 Restorative Pilates With Amanda		11:30 - 12:15 Stretch & Relax With Kerry		10:15 - 11:00 Dance Fit With Phoebe	
				10:55 - 11:55 Restorative Yoga and Meditation With Vina	

12-15 YEAR OLD GYM TIMES

Term time: Mon-Thurs 3-5pm, Fridays 3-9:30pm, Sat-Sun 12-7:30pm

Holidays: Mon-Thurs 12-5pm, Fridays 12-9:30pm, Sat-Sun 12-7:30pm

Must be accompanied by an adult whilst using the gym, and have had a gym induction with a member of the fitness team. Email fitness@foxhills.co.uk to book an induction. Teens must visit 'gym ready', as under 16-year-olds are not permitted to use the HealthSpa changing room facilities.

JUNIOR PERSONAL TRAINING

60 mins: **£40** | 11 x 60 mins: **£400**

30 mins: **£25** | 11 x 30 mins: **£250**